

Claims

- [c1] 1. A method for increasing lactose tolerance in a subject experiencing lactose intolerance comprising the steps of:
increasing the first dosage over the course of the first predetermined number of days;
administering a second dosage of the lactose containing product to the subject each day starting at a first predetermined point during the first predetermined number of days; and increasing the second dosage over the course of the first predetermined number of days.
- [c2] 2. The method of lactose can be administered in a lactose powder form (dissolved in a liquid or enclosed into capsule), or a liquid form, such as, milk.
- [c3] 3. Dosages should be increased, but the amount increased may vary.
- [c4] 4. The optimal length of the protocol should be 5-6 weeks, but can be abbreviated down to 3 week or as long as 10 weeks.
- [c5] 5. The starting dosages and subsequent dosages may vary. Starting dosages can range from .1 grams to 13 grams.
- [c6] 6. The lactose powder formula can be enhanced and more effective with the application of L. Acidophilus.
- [c7] 7. The lactose powder formula can be enhanced and more effective with the application of Lactobacillus sporogenes.